



**CRONICAS**  
CENTRO DE EXCELENCIA EN ENFERMEDADES CRÓNICAS

# **Relationship between Food, Nutrition and Health**

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# Introduction

- CRONICAS Centre of Excellence in Chronic Diseases
  - Funded in 2009 with funding of the National Heart, Lung and Blood Institute (NHLBI)
  - Part of the Universidad Peruana Cayetano Heredia
  - Our mission is to improve the health of the community through high quality research
  - Involved a range of professionals with expertise in different areas: anthropologists, physicians, biostatisticians, communicators/journalists, economists, epidemiologists, health administrators, nutritionists, psychologists and public health specialists
  - Supported by MRC, Wellcome Trust, NIH, IDRC, GCC, etc

# Research Interests

- Our interest are mainly focused on:
  - NCD risk related to dietary regimes, lifestyle and physical activity
  - The impact of migration, geography and urbanization dynamics on health, specifically on nutrition patterns and NCDs
  - Interventions at the population level including diet behaviors, salt reduction strategies (including scaling-up and policies), improving diet quality, among others
  - Double burden of malnutrition (overweight/obesity and under-nutrition) considering the highly diverse geography and cultural background of Peru

# Areas of potential collaborative research

- Include:
  - Drivers of consumer and dietary behaviors to inform methods for effective interventions
  - NCD risk related to dietary regimes and lifestyle behaviors
  - Double burden of obesity and malnutrition considering the highly diverse geography and cultural background of Peru
  - Nutritional requirements at key life stages
  - Interaction between gut microbiome and health (nutrition, obesity and NCDs)
  - Use of technology and apps to increase diet awareness and its impact on health
  - Analysis of potential impact of nutrition policies on health

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